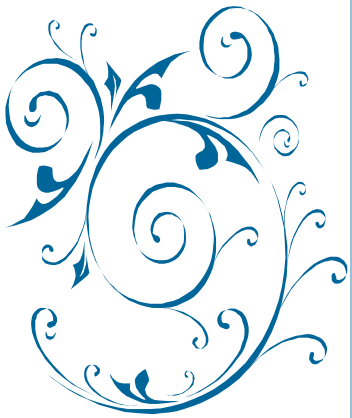


## BASIC HIV/AIDS INFORMATION FOR OLDER FLORIDIANS



For More Information please contact:

Bureau of HIV/AIDS

(850) 245-4336

[www.FloridaAids.org](http://www.FloridaAids.org)

or

Communities for a Lifetime

(850) 414-2000

[www.communitiesforalifetime.org](http://www.communitiesforalifetime.org)



## HIV/AIDS Basics

- HIV is the Human Immunodeficiency Virus. This is the virus that causes AIDS (Acquired Immune Deficiency Syndrome).
- HIV/AIDS causes the body to lose its ability to fight diseases and other infections.
- Once you are infected with HIV, there is no cure. However, several drugs are available for treatment of the opportunistic infections associated with HIV/AIDS.
- There are also drugs that boost the quality of the immune system. These drugs help keep people living with HIV/AIDS healthier longer.



## HIV/AIDS Transmission

- HIV/AIDS is spread by the exchange of blood, semen or vaginal secretions between people.
- The most common ways HIV is transmitted are:
  - Having sex (anal, oral or vaginal) with an infected person
  - Sharing any type of needles with an infected person (including insulin needles and tattoo needles)
- Some people with AIDS received a contaminated blood product (through a transfusion) before 1985.
- Some children get infected from their mothers before or during birth, or from breastfeeding (breast milk can transmit the virus).

### YOU DO NOT GET HIV/AIDS FROM:

- |   |  |
|---|--|
| ● Giving blood                                | ● Mosquitoes                                     |
| ● Door knobs                                  | ● Caring for an infected relative                |
| ● Toilet seats                                |  |
| ● Casual contact (such as hugging or kissing) | ● Being in the same room with an infected person |
| ● Water fountains                             |  |

## Protecting Yourself

- Abstain from any sexual contact.
- If you have sex, do so with only ONE uninfected partner.
- If you don't know your partner's status, always use a condom.
- If you have sex with more than one person, always use a latex condom. If you are allergic to latex, use a polyurethane condom.
- Do not share any type of needles with others (including insulin or steroid needles).



**Seniors (50+ years old) who are sexually active and/or use drugs need to know how to protect themselves. YOUNG PEOPLE ARE NOT THE ONLY ONES GETTING INFECTED WITH HIV!!**

